

SLU Campus Recreation and Wellness and 200HR Registered  
Yoga Teacher Colleen Caul Present:

# Trauma-Informed YOGA

This complimentary 8-week Trauma-Informed Yoga Series is for any SLU student who might benefit from the healing power of trauma-informed yoga and who can commit to attending the entire series.



**February 16 - April 6, 2021**

**Tuesdays, 4:00pm - 5:30pm  
Simon Rec Center - Mind Body  
Room**

Trauma-Informed Yoga allows participants to improve their physical and mental well-being in a supportive environment. Body based treatments like yoga can help manage and reduce trauma symptoms.

Due to COVID-19 regulations, class size is limited. Masks will be required at all times and participants must supply their own yoga mat.

Colleen creates a safe, inclusive space through empowering language, invitation of choices, and no physical assists. No matter what trauma you have experienced, this program will teach you how to self-regulate, rediscover your breath, and make choices as you reclaim your true self. Colleen creates an environment that will empower you to practice yoga in the manner that will most nourish your mind, body, and spirit. She is a 200HR Registered Yoga Teacher with specialization in Trauma-Informed Yoga (13 Hours - Zabie Yamasaki, 20 Hours - Center for Trauma and Embodiment, 14 Hours - Prison Yoga Project).



**To register, please complete Google Form  
by February 5, 2021.**